
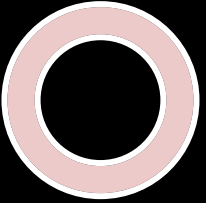





Attention-Seeking Behavior Disorder

Symptoms, Triggers, and Treatment

- *Dr.IM, PgM, 9880.IM.0868*




What is Attention- Seeking Behavior Disorder?

- A pattern of behavior aimed at gaining attention from others.
- Not classified as a distinct disorder in DSM-5.
- Often associated with personality or behavioral disorders.
- May manifest in children, teens, or adults.






Symptoms

- Exaggerated emotions or expressions.
 - Constant need for approval or praise.
 - Dramatic behavior or fabricated storytelling.
 - Inappropriate or provocative behavior.
 - Manipulative tendencies to stay in the spotlight.
 - Low self-esteem
- 



Triggers

- Neglect or lack of attention during childhood.
 - Low self-esteem or insecurity.
 - Past trauma or abuse.
 - Social media influence and validation culture.
 - Loneliness or isolation.
 - Mental health issues
- 



Related Disorders

- Histrionic Personality Disorder (HPD).
- Borderline Personality Disorder (BPD).
- Narcissistic Personality Disorder (NPD).
- Conduct Disorder (in children).
- ADHD (in some contexts).





Treatment Approaches

- Cognitive Behavioral Therapy (CBT).
- Dialectical Behavior Therapy (DBT).
- Family or group therapy.
- Developing healthy coping mechanisms.
- Setting clear boundaries and consistent reinforcement.





Impact on Relationships

- Strain on personal and professional relationships
- May lead to social isolation
- Frustration and fatigue for caregivers or peers
- Creating false impressions
- Intense need of attention





Supportive Strategies

- Encourage self-worth from accomplishments, not attention.
- Avoid rewarding dramatic or manipulative behavior.
- Promote social skills and emotional regulation.
- Maintain firm and respectful boundaries.
- Provide consistent and positive reinforcement for appropriate behavior.
- Support groups and community involvement





Conclusion

- Attention-seeking behavior often stems from deeper emotional needs.
- Understanding and early intervention are key.
- Therapeutic approaches can foster long-term behavioral change.
- Support from peers and family plays a critical role in recovery.
- Early intervention can lead to better outcomes in personal growth and relationships.





Thank You

Require additional help:
Contact me for understanding,
identifying and implementing in
professional world.

